



## Senior Gala Dinner-Dance tickets deadline fast approaching

The theme for the 12th annual Senior Gala Dinner-Dance is "Those Were The Days." Hosted by Davis County Health Department's Senior Services on Tuesday, April 16, 6-9 p.m., the dinner, floorshow, and dancing to live Big Band music are again the festivities planned for a "senior prom" for older adults.

"Building on the success of the previous 11 years of galas, we're so very fortunate to be able to tap into the musical talents of Davis High School again this year," said Kristy Cottrell, deputy director over the county health department's Senior Services Division. "Fortunately, the galas' excellent reputation has become well-known throughout our county. I always enjoy the musical talents of Davis High School with all of our senior citizens who return year after year for dinner, a show, and a chance to



PHOTO BY BOB BALLEW, DCHD

**COUPLES DANCE TO THE MUSIC** of the Big Band era during last year's Senior Gala Dinner-Dance. Tickets for this year's Gala on Tuesday, April 16, are now on sale. Deadline to purchase tickets is April 5.

dance to some of their favorite tunes."

"The price is only \$10 per person which makes this dinner-dance affordable," said Cottrell. Tickets can be purchased at the Central Davis Senior Activity Center (801-444-2290) in Kaysville, the South

Davis Senior Activity Center (801-451-3660) in Bountiful, and the North Davis Senior Activity Center (801-525-5080) in Clearfield. April 5 is the deadline for ticket reservations. This "Best Dress"

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## Sign up for free Dementia Dialogues course

by Sheryl **KNIGHT**  
Davis County Senior Services

Dementia Dialogues is a free course that provides information and other skills to help care givers better care for individuals who have been diagnosed with dementia or other related diseases.

Topics include the basic facts, communication skills, keeping the environment safe, addressing

challenging behaviors, and creative problem-solving. Dementia Dialogues will be held on Tuesdays, April 16, 23, and 30, 6-8:30 p.m., at the Pheasant View Assisted Living (1242 E. Pheasant View Dr., Layton).

Seating is limited. Call Davis County Senior Services at 801-525-5127 for more information or to reserve your seat.

## Events in April

### Central Davis Senior Activity Center 81 East Center Street, Kaysville (801-444-2290)

**M/W/F** - EnhanceFitness 9:30 a.m.

**T/TH** - Tai Chi 9:30 a.m.

**W/F** - Ceramics noon

5/19/26 - Movie and popcorn noon

**11/18/25** - Brain Games and more noon

**11** - Trip to Cafe Sabor in Layton 11 a.m. (sign up required)

**16** - Senior Gala Dinner-Dance 6 p.m. (ticket required)

**17** - Meet with Senior Services Director Kristy Cottrell 10 a.m.

**18** - Food Pantry noon

**19** - Easter Egg Dye Party luncheon 11 a.m.

**26** - Birthday lunch with entertainment by Rodney Snyly 11:30 a.m.

### South Davis Senior Activity Center 726 South 100 East, Bountiful (801-451-3660)

**M/W/F** - EnhanceFitness 8 a.m.

**M/W** - Bingo 12:30 p.m.

**5** - Tai Chi 9:30 a.m.

**9** - AARP Smart Driving

10 a.m.-2:30 p.m. (reservation required)

- Legal Consultation by Appointment

**11** - Blood pressure check

10:30 a.m.

**16** - Senior Gala Dinner-Dance 6 p.m. (ticket required)

**18** - Shopping at Smith's 12:15 p.m.

**23** - Book club 12:30 p.m.

**26** - Birthday party 11 a.m.

**30** - Zumba 9:30 a.m.

### North Davis Senior Activity Center 42 South State Street, Clearfield (801-525-5080)

**M/W/F** - Bingo 12:30 p.m.

- Texas Hold 'Em Poker noon

**T/Th** - Tai Chi for Arthritis & Fall Prevention 10:15 a.m.

**F** - Craft & Chat 10:15 a.m.

**2** - Shopping at Walmart 12:30 p.m.

**8** - Book Club at 10:15 a.m.

**10** - Blood Pressure Clinic at 10:30 a.m.

**12** - Grilled Cheese Day 11:30 a.m.

**16** - AARP Smart Driving Class 10 a.m. (reservation required)

- Shopping at Winco - 12:30 p.m.

- Senior Gala Dinner- Dance 6 p.m. (ticket required)

**22** - Hoarding: What is it and why people hoard presentation 10:45 a.m.

**23** - Foot clinic by appointment

**26** - Organization presentation 11 a.m.

- Blood Pressure Clinic 10 a.m.

**29** - Hoarding: Different types of hoarding and the dangers of hoarding 10:45 a.m.

See more at [daviscountyutah.gov/seniors](http://daviscountyutah.gov/seniors)



# Osteoporosis in Aging – *Protect your bones with exercise*

By National Institutes of Health (NIH)

U.S. Department of Health and Human Services

*Note: This is the second of a two-part article on osteoporosis. Last month's article covered screening and diet.*

As we get older, we begin to lose more bone than we build. The tiny holes within bones get bigger, and the solid outer layer becomes thinner. In other words, our bones get less dense. Hard bones turn spongy, and spongy bones turn spongier. If this loss of bone density goes too far, it's called osteoporosis. More than 53 million people nationwide either already have osteoporosis or are at high risk due to weak bones.

Exercise, especially weight-bearing exercise, helps bones. Weight-bearing exercises include jogging, walking, tennis, and dancing. The pull of muscles is a reminder to the cells in your bones that they need to keep the tissue dense.

Smoking, in contrast, weakens bones. Heavy drinking does too – and makes people more likely to fall. Certain drugs also may increase the risk of osteoporosis. Having family members with osteoporosis can raise your risk for the condition as well.

The good news is, even if you already have osteoporosis, it's not too late to start taking care of your bones. Since your bones are rebuilding themselves all the time, you can help push the balance toward more bone growth by giving them exercise, calcium, and vitamin D.

Several medications also can help fight bone loss. The most widely used are bisphosphonates. These drugs are generally prescribed to people diagnosed with osteoporosis after a DXA (dual-energy X-ray absorptiometry)



***“That’s why exercise that builds balance and confidence is very good at preventing fractures.”***

**— Dr. Joan McGowan**

test, or to those who’ve had a fracture that suggests their bones are too weak. Bisphosphonates have been tested more thoroughly in women, but are approved for men too.

Researchers are trying to develop drugs that increase bone growth. Two are now available that are related to parathyroid hormone, which helps the body use and store calcium. These drugs are approved to help build bone

in people with osteoporosis who are at high risk for having a fracture.

Another important way to avoid broken bones is to prevent falling and occasions for fracture in the first place. Unfortunately, more than 2 million so-called fragility fractures (which wouldn’t have happened if the bones had been stronger) occur nationwide

each year. “To reduce the societal burden of fracture, it’s going to take a combined approach of not only focusing on the skeleton but focusing on fall prevention,” says Dr. Kristine Ensrud, a physician-researcher who studies aging-related disorders at the University of Minnesota and Minneapolis VA Health Care System.

Many things can affect the risk for a fall, such as how good a person’s balance is and how many trip hazards are in the environment. The kind of fall matters, too. Wrist fractures often occur when a person falls forward or backward. “It’s the active older person who trips and puts her hand out,” Dr. Joan McGowan, an NIH expert on osteoporosis says. Hip fractures often arise when a person falls to the side. Your hip may be strong enough to handle weight that goes up and down, but not an impact from another direction.

“That’s why exercise that builds balance and confidence is very good at preventing fractures,” McGowan says. For example, she says, tai chi won’t provide the loads needed to build bone mass, but it can increase balance and coordination – and make you more likely to catch yourself before you topple.

NIH-funded researchers are looking for better ways to tell how strong your bones are, and how high your chances are of breaking a bone. For now, though, the DXA test is the best measure, and many seniors, even older women, don’t get it, Ensrud says. If you’re concerned about your bone health, she adds, “Ask your health care provider about the possibility of a bone density test.”

To read last month’s article, go to the March issue of “Senior Living” at <http://www.daviscountyutah.gov/>

## GALA

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event is in the Davis High School Commons and cafeteria at 325 South Main in Kaysville. The school’s Jazz Band along with several talented student singers and dancers perform as the Moonlight Orchestra, Moonlight Singers, and Moonlight Dancers providing a floorshow and dance music from the Big Band era.

“Of course, my staff loves it each

year when our seniors come out and enjoy themselves with memorable music from their earlier days,” said Cottrell. “We also hope that many ‘senior supporters’ decide to escort or even dance with their favorite senior relative, friend, or neighbor.”

Making this event possible are volunteers and donations from local community partners including: Davis High School, Davis High School Jazz Band and student supporters, Davis Behavioral Health, and the Davis County Health Department staff.



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